

9 Ways to Grow Healthy Colorado Kids

An Initiative of the Early Childhood Obesity Prevention Unit

Engage and empower families and caregivers by *speaking with one voice* on the **9 Ways to Grow Healthy Colorado Kids**, a statewide campaign to increase public awareness of evidence-informed risk and protective factors to achieving a healthy weight.

Who are the messages for?

- Pregnant women
- Parents
- Grandparents
- Caregivers of infants, toddlers, and preschool-age children (birth to 5-years-old)

Who is using the messages?

- Local public health agencies
- Health care providers
- Community health programs (e.g. WIC)
- Child care providers
- Schools, libraries, recreation centers and more

Ways to use messages

- Display posters or handouts in waiting rooms or other places where parents gather
- Nutrition education and one-on-one counseling sessions
- Group classes and trainings
- Share with community partners
- Marketing/outreach via social media, websites or newsletters.

Available Resources

- Free posters and handouts (offered in English and Spanish)
- Newsletter templates
- Provider talking points
- Topic-specific consumer and provider resources and more

To access resources, visit

www.colorado.gov/cdphe/9-ways-grow-healthy-colorado-kids

For more information, contact Jennifer Dellaport at jennifer.dellaport@state.co.us.

By increasing the visibility and repetition of our messages - we collectively make a greater impact on Colorado children.

